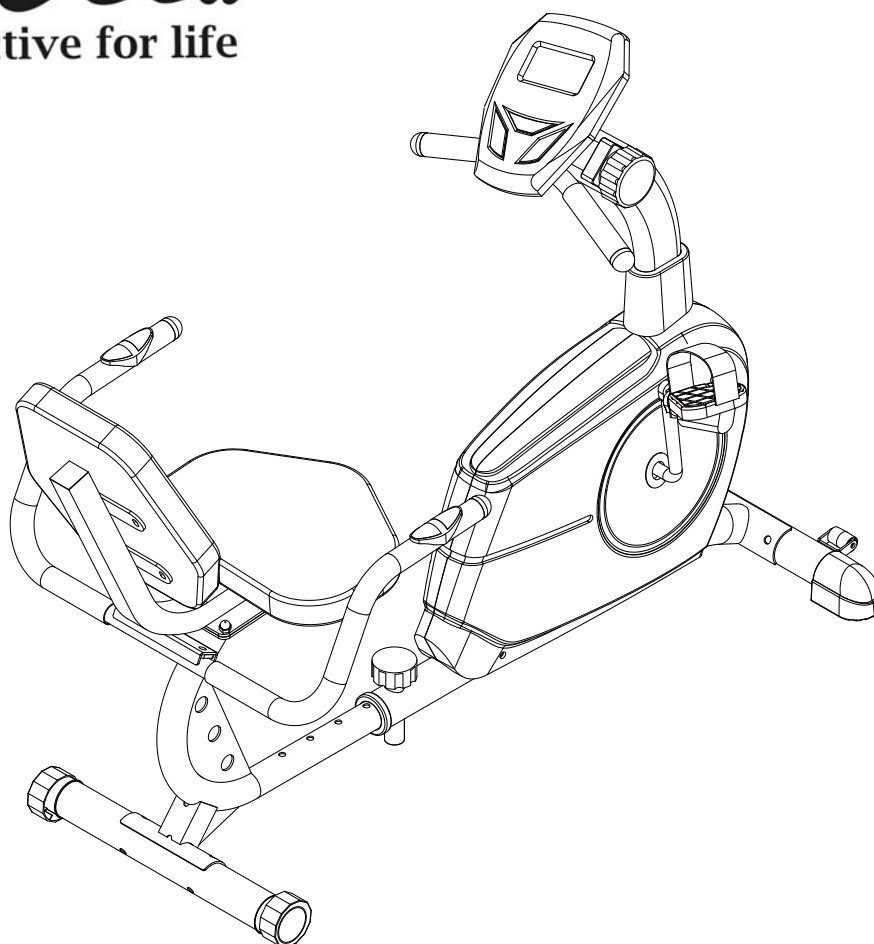


Streamline Plus, Magnetic Recumbent Bike Item No.: 26560

LifeGear
Get active for life



Owner's Manual

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

TABLE OF CONTENTS

WARRANTY -----	1
SAFETY INSTRUCTIONS -----	2
ADJUSTMENTS -----	3
OPERATING THE COMPUTER -----	3
PARTS LIST -----	5
HARDWARE PACKING LIST -----	6
TOOLS -----	6
OVERVIEW DRAWING -----	7
ASSEMBLY INSTRUCTIONS -----	8
MAINTENANCE -----	10
TROUBLESHOOTING -----	10
WARM UP AND COOL DOWN ROUTINE -----	11

ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

To decrease the load, turn the tension control knob in a counterclockwise direction.

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the recumbent bike.

Adjusting the Seat Forth or Back

Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the rear main frame forth or back direction to the suitable position. Lock the rear main frame in place by releasing the round knob and sliding the rear main frame forth or back slightly until the round knob "pops" down into the locked position. For added safety, tighten the round knob in a clockwise direction.

NOTE: When adjusting the rear main frame back or forth, the maximum insert depth mark line cannot over than the edge of bushing.

OPERATING THE COMPUTER

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" or "UM-3" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing batteries will erase the memory of computer.



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: When you start to exercise or press MODE button on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

SCAN: Press MODE button until the arrow points to SCAN; the computer will automatically scan the function every 5 seconds.

TIME: Press MODE button until the arrow points to TIME; the computer will display your elapsed workout time in minutes and seconds.

SPEED: Press MODE button until the arrow points to SPEED; the computer will display the current training speed.

CAL (CALORIES): Press MODE button until the arrow points to CAL; the computer will display the total accumulated calories burned during workout.

♥ **(PULSE):** Press MODE button until the arrow points to PULSE and then hold both two hands on handlebar grip sensors, the screen will display your current heart rate figures and a heart symbol. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

DIST (DISTANCE): Press MODE button until the arrow points to DIST; the computer will display the accumulative distance traveled during workout.

ODO (ODOMETER): Press MODE button until the arrow points to ODO; the computer will display the total accumulative distance.

RESET: Press MODE button for over 4 seconds, all function values will reset to zero except the ODO function.

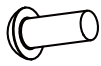
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Backrest Support Bracket	1	031	Curve Washer Ø10	4
002	Front Stabilizer	1	032	Cap Nut M10	4
003	Rear Main Frame	1	033	Left Cover	1
004	Rear Stabilizer Ø50x1.5x430	1	034	Right Cover	1
005	Front Main Frame	1	035	Screw ST4.2x20	10
006	Front Handlebar Post	1	036	Bolt M5x25	1
007	Seat Cushion 245x345x40	1	037	Bushing	1
008	Back Cushion 345x300x40	1	038	Flat Washer Ø5	1
009	Computer (HR-1577)	1	039	Bolt M5x12	4
010	Handlebar Foam Grip Ø32xØ23x140	2	040	Tension Cable L=1000mm	1
011	Hand Pulse Sensor	2	041	Axle Bush	2
012	Round End Cap for Handlebar Ø25x1.5	4	042	Ball Bearing	2
013	Handlebar	1	043	Axle Sleeve I	1
014	Tension Control Knob	1	044	Hexagon Nut	1
015	Rear Stabilizer End Cap Ø50x1.5	2	045	Ring	1
016	Transport Wheel Ø6	2	046	Crank	1
017	Round Knob M16x1.5	1	047	Flywheel	1
018	Front Stabilizer End Cap Ø50x1.5	2	048	Idle Wheel Bracket	1
019	Front Handlebar Foam Grip Ø32xØ23x120	2	049	Adjustable Bolt M6	2
020	Rubber Cover	1	050	U Bracket	2
021	Bolt M6x15	8	051	Spring Washer Ø6	2
022	Backrest Support Bracket End Cap 38x38x2	2	052	Nut M6	2
023	Bolt M8x15	5	053	Nut for Flywheel M10	2
024	Flat Washer Ø8	10	054	Bearing 6000 2Z	2
025	Curve Washer Ø8	3	055	Bolt M8x20	1
026	Flat Washer 7/8"	1	056	Bolt M8x10	1
027	Wire Plug Ø12.1	2	057	Bolt M6x10	1
028	Bolt M6x48	2	058	Flat Washer Ø6	9
029	Locknut M6	2	059	Left Pedal YH-30X	1
030	Bolt M10x57	4	060	Right Pedal YH-30X	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Sensor with Wire L=500mm	1	069	Pan Head Phillips Self Drilling Screw ST4.2x20	4
062	Belt 330J6	1	070	Bolt M8x45	2
063	Extension Wire L=350mm	2	071	Cap Nut M8	4
064	Extension Sensor Wire L=350mm	1	072	Axle Sleeve II	1
065	Extension Hand Pulse Sensor Wire L=1800mm	2	073	Front Handlebar Post Cover	1
066	Rear Main Frame End Cap	1	074	Cover Cap Ø50x1.2t	1
067	Screw ST2.9x12	2	075	Cover Cap Ø50x10t	1
068	Hand Pulse Sensor Wire L=650mm	2	076	Bolt M8x10	4

HARDWARE PACKING LIST



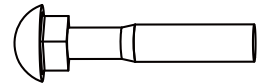
(23) Bolt M8x15
4 PCS



(24) Flat Washer Ø8
6 PCS



(25) Curve Washer Ø8
2 PCS



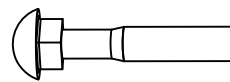
(30) Bolt M10x57
4 PCS



(31) Curve Washer Ø10
4 PCS



(32) Cap Nut M10
4 PCS



(70) Bolt M8x45
2 PCS

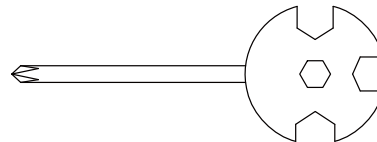


(71) Cap Nut M8
4 PCS

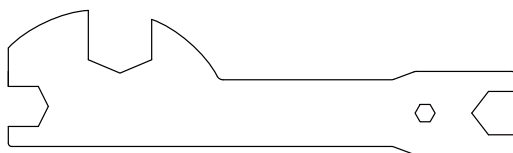
TOOLS



Allen Wrench 6mm
1 PC

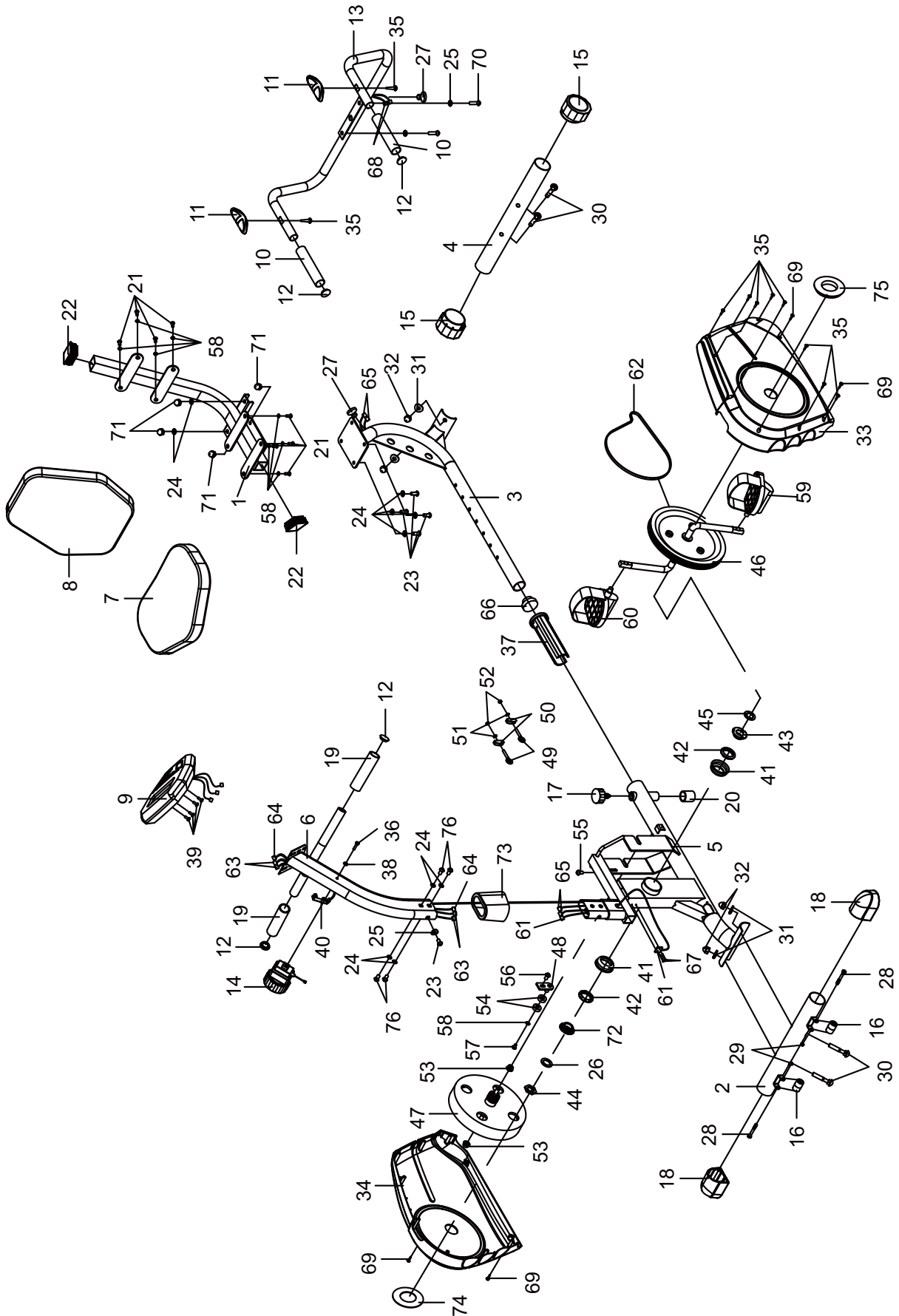


Multi Hex Tool with Phillips Screwdriver
1 PC



Multi Hex Tool
1 PC

OVERVIEW DRAWING

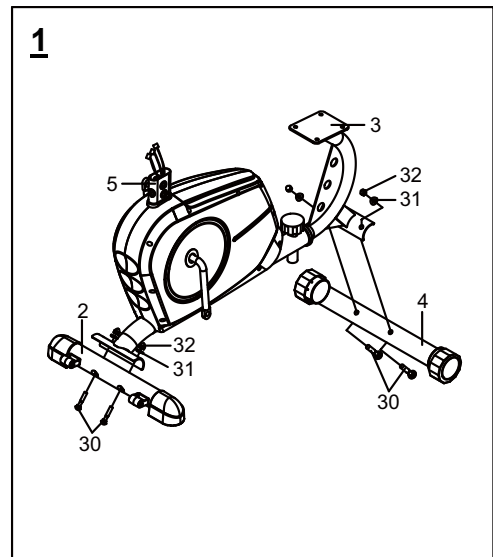


ASSEMBLY INSTRUCTIONS

1. Install the Front and Rear Stabilizers.

Attach the Front Stabilizer (2) onto the front curve plate of the Front Main Frame (5) with two M10x57 Bolts (30), Ø10 Curve Washers (31), and M10 Cap Nuts (32).

Attach the Rear Stabilizer (4) onto the rear curve plate of the Rear Main Frame (3) with two M10x57 Bolts (30), Ø10 Curve Washers (31), and M10 Cap Nuts (32).



2. Install the Front Handlebar Post, Tension Control Knob, and Pedals.

Remove one M8x15 Bolt (23), Ø8 Curve Washer (25), four Ø8 Flat Washers (24), and M8x10 Bolts (76) from the tube of the Front Main Frame (5).

Slide the Front Handlebar Post Cover (73) up from the bottom end of the Front Handlebar Post (6).

Insert the Tension Cable (40) through into the bottom hole of Front Handlebar Post (6) and pull it out from the square hole of Front Handlebar Post (6).

Connect the Extension Hand Pulse Sensor Wires (65) from the Front Main Frame (5) to the Extension Wires (63) from the Front Handlebar Post (6).

Connect the Sensor Wire (61) from the Front Main Frame (5) to the Extension Sensor Wire (64) from the Front Handlebar Post (6).

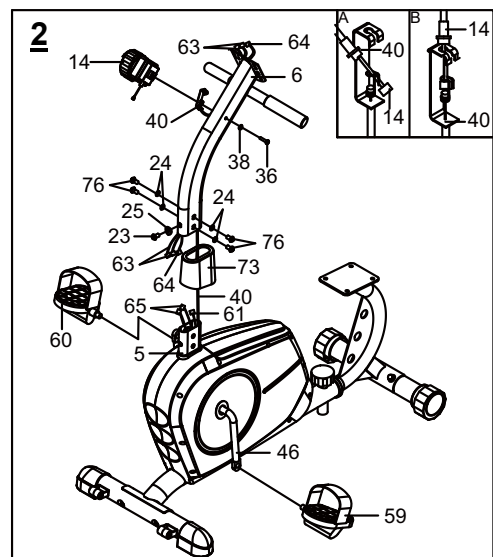
Insert the Front Handlebar Post (6) onto the tube of the Front Main Frame (5) and secure with one M8x15 Bolt (23), Ø8 Curve Washer (25), four Ø8 Flat Washers (24), and M8x10 Bolts (76) that were removed. Be careful not to pinch the cables inside the Front Handlebar Post (6) when turning the M8x10 Bolts (76).

Slide the Front Handlebar Post Cover (73) down onto the tube of the Front Main Frame (5). Remove the M5x25 Bolt (36) and Ø5 Flat Washer (38) from the Tension Control Knob (14). Put the cable end of resistance cable of Tension Control Knob (14) into the spring hook of Tension Cable (40) as shown in drawing A of figure 2. Pull the resistance cable of Tension Control Knob (14) up and force it into the gap of metal bracket of Tension Cable (40) as shown in drawing B of figure 2. Attach the Tension Control Knob (14) onto the Front Handlebar Post (6) with the M5x25 Bolt (36) and Ø5 Flat Washer (38) that were removed.

Connect the Left Pedal (59) to the left Crank (46). Thread it into the crank assembly in the counterclockwise direction by the tool provided.

Connect the Right Pedal (60) to the right Crank (46) by threading it in the clockwise direction.

NOTE: The Left and Right Pedals (59, 60) and Crank (46) are marked with "L" & "R" (left and right).

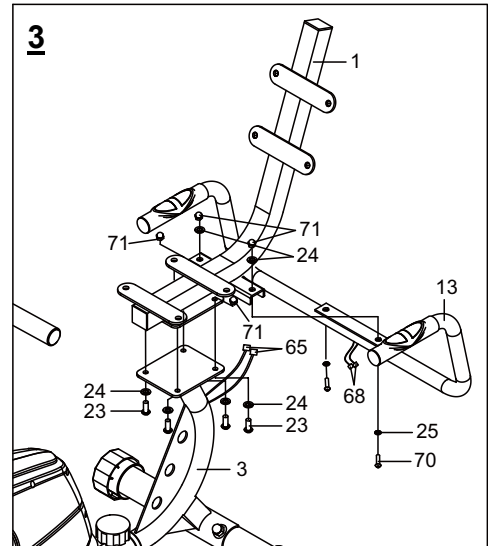


3. Install the Backrest Support Bracket and Handlebar.

Attach the Backrest Support Bracket (1) onto the Rear Main Frame (3) with four M8x15 Bolts (23), Ø8 Flat Washers (24), and two M8 Cap Nuts (71).

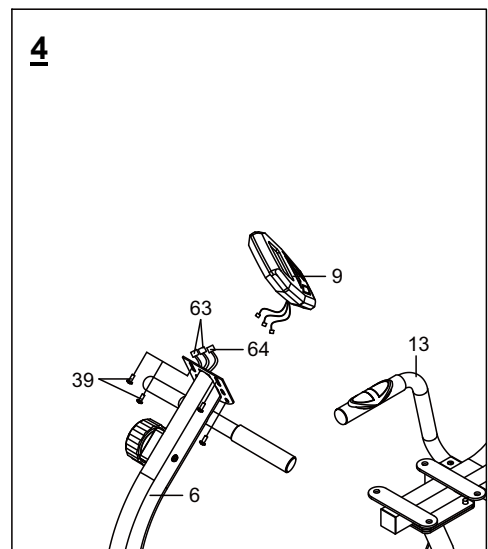
Attach the Handlebar (13) onto the Backrest Support Bracket (1) with two M8x45 Bolts (70), two Ø8 Curve Washers (25), two Ø8 Flat Washers (24), and two M8 Cap Nuts (71).

Connect the Hand Pulse Sensor Wires (68) from the Handlebar (13) to the Extension Hand Pulse Sensor Wires (65) from the Rear Main Frame (3).



4. Install the Computer.

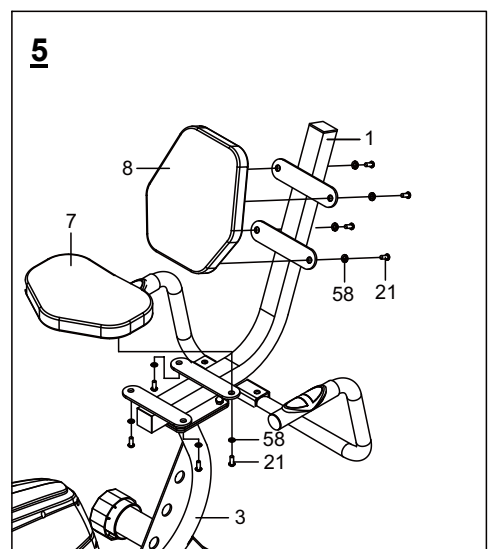
Remove four M5x12 Bolts (39) from the Computer (9). Connect the Extension Wires (63) and Extension Sensor Wire (64) to the wires that come from the Computer (9) and then attach the Computer (9) onto the plate of the Front Handlebar Post (6) with four M5x12 Bolts (39) that were removed.



5. Install the Seat Cushion and Back Cushion.

Remove four M6x15 Bolts (21) and Ø6 Flat Washers (58) from the Seat Cushion (7). Then attach the Seat Cushion (7) onto the Backrest Support Bracket (1) with four M6x15 Bolts (21) and Ø6 Flat Washers (58) that were removed.

Remove four M6x15 Bolts (21) and Ø6 Flat Washers (58) from the Back Cushion (8). Then attach the Back Cushion (8) onto the Backrest Support Bracket (1) with four M6x15 Bolts (21) and Ø6 Flat Washers (58) that were removed.



MAINTENANCE

Cleaning

The recumbent bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the recumbent bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the recumbent bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: The recumbent bike wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the recumbent bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Change the new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The recumbent bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the recumbent bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

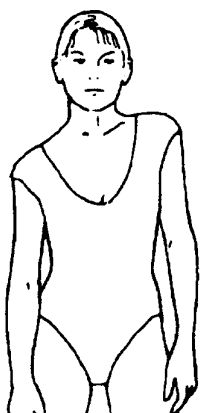
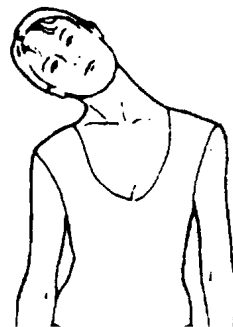
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

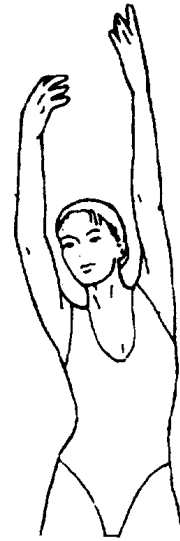


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



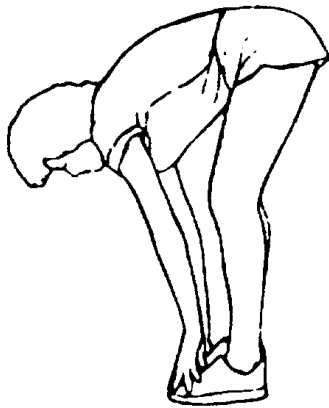
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



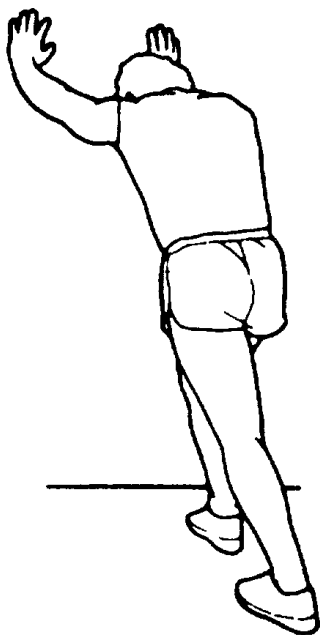
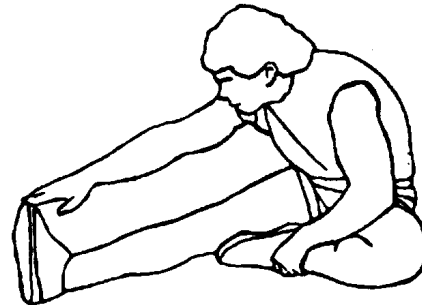


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.